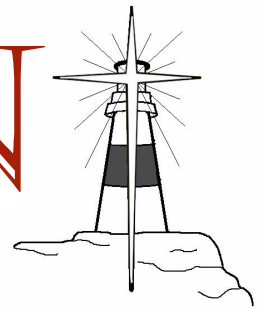


# BEACON



*The LORD is my light and my salvation.* Psalm 27

Volume 2, Number 3 — September 2, 2012

Lighthouse Lutheran Church  
501 Third Avenue, Freedom, PA 15042  
[www.lighthouselutheran.org](http://www.lighthouselutheran.org)

The Reverend Dennis R. Whalen, Pastor  
Morning Worship 9:00 A.M.  
Sunday School 10:30 A.M.

Lighthouse Lutheran's spaghetti dinner fundraiser on June 2 at the Unionville United Methodist Church was a great success. Rich Insull reports that \$1,392 was raised. Proceeds from dinner sales were \$595, the Chinese auction yielded \$597, and there were miscellaneous donations of \$200. Including Lighthouse Lutheran's contribution, the entire Team INSanity raised \$3,000 for the Crohn's and Colitis Foundation of America.

Our first Vacation Bible School, "Adventures on Promise Island," was held June 11 through 15 for pre-school through sixth grade children. Parents and friends of the attending children were on hand at the social gathering on Friday. Amanda Weidner, her mentor Donna Pfeifer, and all others who worked on this venture are to be congratulated for its success.

Norm Amsler, Elder of Lighthouse Lutheran, very ably filled the pulpit on June 17 during the absence of the Whalen family. We were happy to welcome to our service on that day members of Norm and Bert's family. The Father's Day breakfast on June 17 hosted by the Fellowship Committee was greatly appreciated by the fathers and other men of the congregation. A popcorn treat and small flashlight were given to each man who attended.

Due to the fine efforts of Tom Kuny, Lighthouse Lutheran had its first golf outing on Saturday, June 23 at Rolling Acres. Jack Dewar, John and Nancy Beres, Alex Frantz, Tom Kuny, T.J. Kuny, Julian Whalen, and Kurt DeHaven were the golfers, accompanied by Carol DeHaven and Mel Roush at the cameras. The happy group, joined by Lorrie Kuny, Lois Roush, and Ginny Dewar, completed the festivities at Fire Mountain.

Kurt DeHaven and Bert Amsler hosted a very valuable class in cardiopulmonary resuscitation techniques on July 28. Instruction was also given in the use of the church's heart defibrillator. Who knows what lives might some day be saved by their efforts. Many thanks, Kurt and Bert.

It is always a pleasure to receive Pastor Beck into our company. This year it was our honor to hear him preach on July 15 and 22 while the Whalens were on vacation.

On August 26 we held our second annual picnic at Green Valley Park. Much fun was had by all who attended, including Kurt and Carol DeHaven, who were presented with a cake in celebration of their twenty-fifth wedding anniversary. Kurt and Carol had earlier that day renewed their wedding vows at morning worship. Tom Kuny and Robert Pfeifer bravely manned the grill for us, and Alex Frantz greatly enhanced our enjoyment of the day by giving rides in his and Loretta's Model A Ford.

# Pastor Whalen's Message

*The LORD said, "Go out and stand on the mountain in the presence of the LORD, for the LORD is about to pass by." Then a great and powerful wind tore the mountains apart and shattered the rocks before the LORD, but the LORD was not in the wind. After the wind there was an earthquake, but the LORD was not in the earthquake. After the earthquake came a fire, but the LORD was not in the fire. And after the fire came a gentle whisper.*

**1 Kings 19:11 NIV**

Sometimes life seems so busy. As summer nears its end, we find ourselves inundated with the typical end of summer activities, as kids attempt to cram as much time in with their friends as they can during the last few weeks before school starts. Even as adults, this time of the year always seems so busy compared to the rest of the year. Parents begin to shop for school clothes and begin hauling kids to events such as marching band practice. On top of all of this, the church begins to come alive with Rally Day and event planning for the fall. Our lives have become so scheduled that we often find ourselves double or even triple booked during certain hours of the day. All of this scheduling and running ultimately leads to stress and/or anxiety. Psychologist Robert Leahy points out, "The average high school kid today has the same level of anxiety as the average psychiatric patient in the early 1950s."

I must admit that I am concerned for the members of Lighthouse as well as for my own family (and myself). Higher levels of stress and anxiety usually have a negative effect on faith. As tension builds, we tend to yell out to God, "Where are you!?". The constant worrying about deadlines and schedules tends to push God further away and sometimes even fully out of our lives. In the end, we convince ourselves that God has left us, and we "hunker down" to take matters into our own hands.

As I reflect upon all of this, I cannot help but think about Elijah. Elijah was an Old Testament prophet who loved the Lord with all of his heart, but was deeply afraid for his life. So, filled with anxiety, Elijah ran away from all of his troubles and, in addition, he also ran away from God. Elijah was frightened and scared for his very life. When God spoke to him, Elijah was somewhat flippant in his response. So, God told Elijah to go stand on the mountain, for the Lord was about to pass by. A powerful wind first came past Elijah, followed by an earthquake and finally fire, but the Lord was not present in any of these calamities. Finally, the Lord came to Elijah in a gentle calmness (some translate "gentle whisper").

So many times, like Elijah, we tend to let life and the anxieties of living pull us away from the one thing that can help us through those difficult times. Perhaps, instead of "hunkering down" or fighting our way through the storms, we should find God in the gentle calmness of the day. He desires to whisper to us through his Word and guide us through the anxieties of our lives. We simply need to stop, take a breath, and be ready to listen.



*engraving by  
Gustave Doré  
1832 - 1883*

**A**nd it came to pass, as they still went on, and talked, that, behold, there appeared a chariot of fire, and horses of fire, and parted them both asunder; and Elijah went up by a whirlwind into heaven. And Elisha saw it, and he cried, My father, my father, the chariot of Israel, and the horsemen thereof. And he saw him no more: and he took hold of his own clothes, and rent them in two pieces.

# Getting Acquainted

*This is the eighth in a series of articles about our members, offered to help us learn more about our fellow Christians at Lighthouse Lutheran Church.*

## GERALD AND JOAN STATES

Gerald W. States and Joan E. Hiller met while Gerry was employed at the A&P and Joan was in her senior year of high school. After a three-year tour of duty in the Marines, Gerry came back to the area. Joan and Gerry were married November 23 at St. Matthew's Lutheran Church in Leetsdale.

Gerry graduated from Ambridge High School, worked in the mills as a supervisor, and retired from Hussey Copper. He currently holds a residential and commercial real estate license. He belongs to many organizations, and in the summer is the coach for the boys' golf team at Ambridge High School. His passion is golfing.



Joan graduated from Quaker Valley. She previously worked at American Bridge and in a bank in the accounting department. She has been a licensed real estate agent for the past twenty-five years for Coldwell Banker Real Estate Services. Joan belongs to the Pennsylvania State Board of Realtors and the Beaver County Board of Realtors. She is affiliated with a few networking groups. She loves to travel and spend time at the beach.

Gerry and Joan are the parents of two daughters, Alyson and Geri. They have two granddaughters, Nicole and Hailey. They have been in and around this area all their lives and enjoy what the surroundings have to offer.



# THE HEALTH NOOK

In children, vitamin D deficiency can lead to rickets and skeletal deformities. In adults, vitamin D is essential for proper bone health, calcium absorption, cell growth, neuro-muscular and immune functions, and to reduce inflammation.

Our bodies must have a constant supplementation of Vitamin D to avoid the disease of vitamin D deficiency. Research has shown that 52% of women and 48% of children and adolescents are deficient in vitamin D. Our bodies receive vitamin D from both the sun and dietary sources.

Sunlight, without sunscreen, is actually good for you as a provider of Vitamin D. It has been suggested that to maintain good health we should expose the face, arms, hands, or back to the sun twice a week for a period of 10 to 15 minutes without sunscreen. But remember what your mother told you: "Too much of a good thing can hurt you!" Too many hours outside in the sun without sunscreen could lead to skin cancer and premature aging of the skin.

Tanning beds should NOT be used as an option for vitamin D supplementation, as they do not provide enough vitamin D and can also lead to skin cancer.

Foods that are high in Vitamin D are milk fortified with vitamin D; fortified cereals; and oily fish.

Since the sun in the North during the winter months does not provide a sufficient amount of vitamin D, those living in northern areas need more dietary sources of this important vitamin.

Your primary care physician will monitor your vitamin D level through a simple blood test if it is felt that there is sufficient evidence of a possible vitamin D deficiency.

Even as children, we need limited exposure to the sun to maintain good health. However, for longer periods than those mentioned above, always use sunscreen protection.

Malachi 4:2 says, "But for you who revere my name, the Sun of righteousness will rise with healing in its wings. And you will go out and leap like calves released from the stall."

If you have any health-related questions, please feel free to ask Bert Amsler or Kurt DeHaven, your parish nurses.

Kurt DeHaven

# God's Pumpkin Patch

God found me in a pumpkin patch  
Still clinging to the vine.  
I had the seeds of doubt inside,  
So full of dirt and grime.

He lifted me and washed away  
The hate and greed and pride.  
He carved for me a smiling face  
And put His light inside.

I might have stayed upon that vine,  
But God reached out that night.  
He washed my soul and made me clean.  
Now I am new and bright.

If you are rotting on the vine  
Reach out for God today.  
He'll make you clean, and you will shine  
In His own special way.

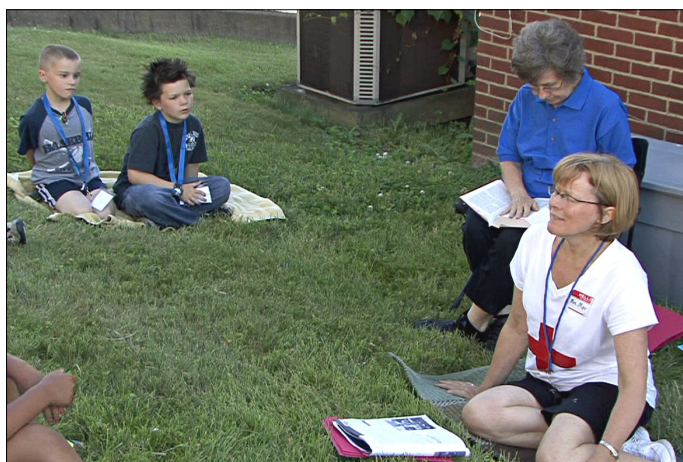
— Dolores Fruth



## *Mother's Day Tea*







## Vacation Bible School

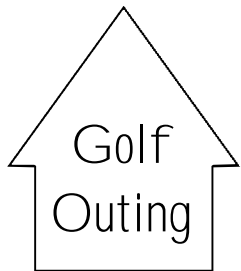
Spaghetti Dinner  
Fundraiser for the  
Crohn's and Colitis  
Foundation of America







F ather's Day Breakfast



CPR  
T raining



# THE PICNIC!



Think about it. The passage must be rendered with specific rhythm. It must rhyme. It must carry the same meaning and must bear the same emotional impact as the original. Oh, yes. The original is in a different language, so the one creating the passage must be intimate with both languages. This is to point out the bare minimum of what is needed to duplicate the achievements of Catherine Winkworth, nineteenth century translator into English of the rich storehouse of German hymnody. The *Lutheran Book of Worship* includes thirty (!) hymns based on her translations of German poetry. A quotation is in order here. From Dr. James Martineau – “Her translations are invariably faithful and, for the most part, both terse and delicate; and an admirable art is applied to the management of complex and difficult versification.”



Catherine Winkworth  
1827—1878

Of course, there must also be an interest in and love of the subject. Catherine came by these due partly to her friendship with Chevelier Bunsen, the German ambassador to England, whose gift to her of a German devotional book spoke to her mind and heart. A year spent in Dresden, Germany also proved inspirational.

Catherine Winkworth was born in London in 1827, but spent most of her earlier years near Manchester, then moving in 1862 with father and sisters to Clifton, a suburb of Bristol. In the early 1850s she published her collection of English translations of German hymns, *Lyra Germanica*, followed by a second collection in 1857. In 1863 she published with William Sterndale Bennett and Otto Goldschmidt *The Chorale Book for England*, which contained some of the earlier translations with their proper chorale tunes. A book of German hymn-writer biographies, *Christian Singers of Germany*, was published in 1869.

Catherine also had a deep interest in women's education, serving as the secretary of the Clifton Association for Higher Education for Women and supporting the Clifton High School for Girls. It was this interest which led to her translations of the biographies of two founders of sisterhoods for the poor and the sick—*Life of Pastor Fliedner* and *Life of Amelia Sieveking*. The subject of one of the biographies, Pastor Fliedner, is the man who most influenced William Passavant in his work with American hospitals and orphanages.

Catherine died of heart disease near Geneva, Switzerland in 1878. Her grave is in Upper Savoy, France. Bristol has honored her memory with a monument in the cathedral there.



# Church Council Meeting Highlights

June 25, 2012 7:30 P.M.

as taken from meeting minutes.

Pastor Dennis Whalen, Norman Amsler, Dee Eppihimer, Tom Kuny, Cindy Morris, and Carol Nicoletti were present.

Following devotions, the minutes of the May 21, 2012 council meeting were approved as presented.

Dee Eppihimer presented the May, 2012 financial reports. The treasurer's report will be filed for audit.

Pastor Whalen presented his report for May 24, 2012 through June 25, 2012. A copy of the Pastor's report is attached to the minutes.

The Fellowship Committee met June 5, 2012. July 1 is Bring a Friend to Church Sunday; August 26 is the proposed date for the church picnic. A copy of the report is attached to the minutes. The next meeting of the Fellowship Committee is scheduled for August 2, 2012.

The Evangelism Committee met on June 5, 2012. A copy of the minutes is attached. The committee will be meeting quarterly instead of monthly.

The fundraising policy has been tabled.

It was moved by Pastor Whalen, seconded by Tom Kuny, and carried to put the donations from Pastor Whalen's ordination into the home benevolence fund, as requested by Pastor Beck.

It was the consensus of council that it would be premature to start, as per Pastor Beck's suggestion, an LCMC congregation in the South Hills.

Emerson is donating a used copier to Lighthouse Lutheran Church.

Council will recommend at the July congregational meeting the following distribution of the benevolence funds received January 1 through June 30, 2012:

International Charities and Missions

- 50% to International Theological Education Ministries (ITEM) in support of Pastor Tom and Ana Smith's mission to Croatia
- 25% to the Lutheran Church of South Sudan. The goal of the LCSS is to plant 130 new churches in three years and train, in addition to the existing twelve, ten more pastors in the next four years.
- 25% to the Slindes, missionaries to Nicaragua

(moved by Tom Kuny, seconded by Norm Amsler, carried)

#### National Charities and Missions

- 50% to Lutheran Congregations in Mission for Christ There are currently three full-time staff positions within the headquarters and dozens of pastors who donate their time to the denomination.
  - 50% to Faith Comes by Hearing, the world's largest audio Bible ministry with New Testament recordings in over 600 languages spoken by more than 5 billion people
- (moved by Pastor Whalen, seconded by Cindy Morris, carried)

#### Local Charities and Missions

- 33% to Unionville Compassion, a food pantry established by Nancy Liston of the Unionville United Methodist Church for local individuals in need of food
- 33% to Churches Are Serving Together (CAST), a non-profit interfaith organization seeking to bring the churches of Beaver County together in serving the needs of families and individuals in crisis
- 33% to Christians United in Beaver County (CUBC), which supports many ministries such as jail chaplain, juvenile detention chaplain, Friendship Ridge chaplain, Behavior Health Clinic chaplain, Raccoon State Park chaplain, and the chaplain for the Beaver County Commissioners' meeting

(moved by Pastor Whalen, seconded by Cindy Morris, carried)

The next council meeting is scheduled for August 20, 2012 at Tom Kuny's home.

The meeting was closed with the Lord's Prayer.

#### SOME UPCOMING EVENTS

##### AT LIGHTHOUSE LUTHERAN

Sunday, September 9 Sunday School Rally Day

Sunday, September 30 Fall Golf Outing

Oktoberfest

Sunday, October 28 Reformation Sunday

Sunday, December 2 Hanging of the Greens

Sunday, December 9 Bring a Friend to Church

# Church Council Meeting Highlights

August 20, 2012 7:30 P.M.

as taken from meeting minutes.

Pastor Dennis Whalen, Norman Amsler, Dee Eppihimer, Tom Kuny, Cindy Morris, and Carol Nicoletti were present.

Following devotions, the minutes of the June 25, 2012 council meeting and the July 29, 2012 congregational meeting were approved as presented.

Dee Eppihimer presented the June and July, 2012 financial reports. The treasurer's reports will be filed for audit.

Pastor Whalen presented his report for June 26, 2012 through August 20, 2012. Nancy Beres and Travis Whalen have transferred their memberships from Trinity Lutheran Church, New Brighton to Lighthouse Lutheran. A copy of the pastor's report is attached to the minutes.

Council received the minutes of the August 7, 2012 Fellowship Committee meeting. The next meeting is scheduled for September 4.

The Lighthouse Lutheran membership and friends directory is being compiled for possible distribution at the end of September.

The Big Knob property is not currently for sale.

Amos Eppihimer recommends that Celedonia in Pittsburgh be hired to service the organ at a charge of \$105 for a one-hour service call and \$45 for each subsequent half-hour. It was moved by Pastor Whalen, seconded by Tom Kuny, and carried to hire Celedonia.

Ideas for increasing Sunday School attendance were discussed. Flyers will be sent to all children who attended VBS. Pastor Whalen is currently getting approvals to start a Good News Club at Freedom Elementary.

The next congregational meeting is scheduled for October 28, 2012. Dee and Pastor Whalen will start developing the Ministry Proposal.

The Kozak memorial service was held August 18. More than 200 attended. A \$200 donation was made to Lighthouse Lutheran by David Kozak. It was moved by Pastor Whalen, seconded by Tom Kuny, and carried to pay Peggy Reina, the organist for the service, \$100 out of Dave's donation.

The next council meeting is scheduled for Thursday, September 27, 2012 at Pastor Whalen's home.

The meeting was closed with the Lord's Prayer.

# Bible Quote Word Search

This quote from the Bible (Psalm 72:8) can be found in the array below as word groups. To help in solving the puzzle, the word groups have been underlined. Don't forget that backwards, vertically, and diagonally are acceptable directions to travel in a word search.

My mouth shall be filled with your  
praise and with your honor all the day.

Y	V	H	C	B	E	F	O	P	R	I	O	L	M	J
T	R	A	B	P	L	M	K	R	E	I	F	O	R	B
S	A	J	A	R	O	O	M	A	E	L	S	P	U	N
T	O	B	N	A	V	S	A	I	D	E	O	M	O	Z
I	F	O	D	R	B	D	T	S	H	A	L	L	Y	X
Z	W	Q	W	V	E	L	K	E	R	O	N	O	H	H
O	M	M	I	H	F	K	X	F	S	E	G	B	T	P
R	Y	Z	T	B	I	Z	X	A	D	T	B	U	I	V
F	A	L	H	M	L	O	L	Z	T	E	O	W	W	H
N	L	B	R	I	L	A	Y	Z	W	M	M	O	N	I
A	V	P	H	I	E	A	S	O	Y	O	U	R	K	J
H	K	J	N	X	D	V	W	M	X	N	J	K	V	P

It was Bert Amsler's idea to include this type of word search in *The Beacon*.  
Lois Roush created this specific word search.

## MUSINGS

The other day I was one of a group of people discussing the commands of the Bible and the way Christians so often carry out those commands. Since I didn't record the exchange or take notes, I must paraphrase the remarks of one of the women. Said she, "We don't always speak kindly to others, we don't bear with each other's weaknesses, we often find it difficult to overlook perceived slights or insults to ourselves, we neglect to forgive wrongs done to us by others." She continued in this vein for a while, and even before she was finished, I was thinking—this is just like being in church during the confession of sins.

It is truly essential to "face the music" and acknowledge to God regularly and often that we are woefully deficient in living up to His will for our lives. But there is danger lurking here. We may fall into the error of believing that as long as we remember to confess our daily freight of sins, that God is satisfied and expects no more of us—after all, we're only human, right? Well, that's very "not right." We have a Comforter, true. He is also our Counselor, and the life in Christ should find us further along the road to Godliness this year than we were last year. Further along today than we were yesterday.

One of the features of morning worship at Lighthouse Lutheran that I find very important is the praying of the Lord's Prayer. Some Lutherans are surprised to learn that this is not a regular part of many Christian services. It should be, because it concentrates the mind mightily and strengthens the will to be more Christlike. I have a feeling that many reading this believe as I do that it is an act of bravery to so pray. When I say the words of the Lord's Prayer, I do it with the fear of God surrounding me, because I hear myself asking, "Forgive us our trespasses, ***as we forgive those who trespass against us.***" What a request! Go back to the first paragraph and read the remarks of the woman concerning the behavior of Christians. See what I mean?

So, when the time comes on Sunday mornings to recite the Lord's Prayer, I say to God, "Lord of mercy and grace, give me the strength to dare to say such words."

Mel Roush